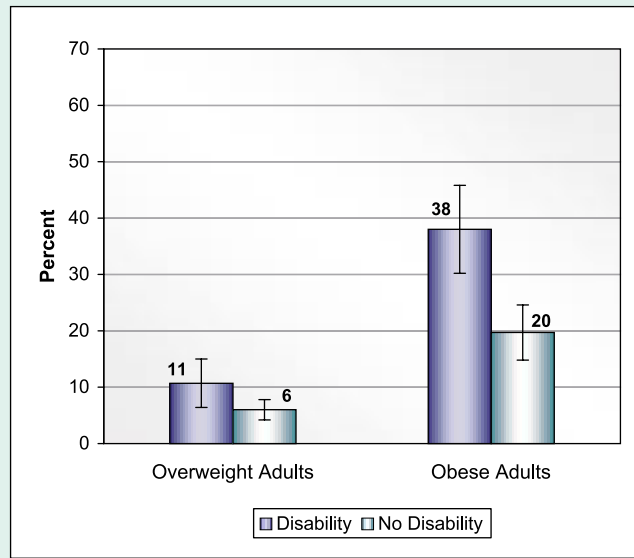


Table 7. Weight Control, Montana Adults with and without Disability, 2001 and 2003
(with 95% confidence intervals)

Trying to lose weight (adults who were overweight/obese)						
	Total No.	2001 %	CI	Total No.	2003 %	CI
All Adults	1894	50.4	47.3-53.5	2297	50.8	48.1-53.5
Adults with Disability	476	55.5	49.4-61.6	608	59.1	53.8-64.4
Age 18-64	329	61.9	54.8-69.0	412	65.1	58.6-71.6
Age 65+	147	40.5	29.9-51.1	194	46.6	37.2-56.0
Adults without Disability	1415	48.8	45.3-52.3	1664	48.2	44.9-51.5
Age 18-64	1171	49.2	45.1-53.3	1363	49.1	45.6-52.6
Age 65+	242	46.2	38.2-54.2	297	42.9	35.5-50.3
Health professional advice to lose weight (past 12 mo.) (adults who were overweight/obese)						
	Total No.	2001 %	CI	Total No.	2003 %	CI
All Adults	1897	18.9	16.5-21.3	2296	13.0	11.2-14.8
Adults with Disability	477	31.5	25.6-37.4	608	22.1	17.8-26.4
Age 18-64	329	36.4	29.1-43.7	413	27.2	21.5-32.9
Age 65+	148	20.0	11.2-28.8	193	11.2	5.9-16.5
Adults without Disability	1417	15.1	12.6-17.6	1663	10.1	8.1-12.1
Age 18-64	1173	14.5	11.8-17.2	1362	10.0	7.8-12.2
Age 65+	242	18.4	11.9-24.9	297	10.4	6.1-14.7

WEIGHT CONTROL – 2003

Figure 9. Received health professional advice to lose weight in the past year, Montana adults – 2003



Overweight: $25 \leq \text{BMI} < 30$

Obese: $\text{BMI} \geq 30$

(Those who were overweight or obese)

Are you now trying to lose weight?

More overweight or obese adults with disability (59%), than without disability (48%), reported they were trying to lose weight.

Among those with disability, adults age 18-64 (65%) were more likely to report they were trying to lose weight than older adults (47%).

In the past 12 months, has a doctor, nurse or other health professional advised you to lose weight?

Twice as many overweight or obese adults with disability (22%), as without disability (10%), received advice from a health professional to lose weight. However, this may be due, all or in part, to differences in the frequency of health care visits between the two groups (not assessed in this survey).

Among those with disability, younger adults (27%) were significantly more likely to have received health professional advice to lose weight than those age 65 and older (11%).

Regardless of disability status, respondents who were obese were three times as likely to have been advised to lose weight as those who were overweight (Figure 9).

NOTE: "Overweight" is defined as BMI greater than or equal to 25 and less than 30.

"Obese" is defined as BMI greater than or equal to 30.